

THE CITIZEN

Vol. 35, No. 12

U.S. Army Garrison Stuttgart

June 20, 2006

Stuttgart, Oberammergau and Garmisch, Germany

School's Out!

Students celebrate summer's start

Pages 8-10



Raquel Hicks

Members of the Patch High School Class of 2006 await the opportunity to walk across the stage and into the rest of their lives during the PHS commencement ceremony June 11 in the Sindelfingen Stadthalle. In the weeks before summer vacation officially began, a number of ceremonies and celebrations were held in schools throughout Stuttgart and Garmisch to thank students for their efforts and mark their accomplishments. For more see pages 8 to 10.

INSIDE THIS EDITION

Page 4

Garmisch commissary earns top honors

The Garmisch Commissary earns the Defense Commissary Agency's L. Mendel Rivers award as best small overseas store.



Pages 13 & 15

Celebrating the Cup in Stuttgart

With two weeks left in the World Cup, Stuttgart is abuzz with events – and safety officials have advice on how to enjoy them.



Citizen-Soldiers continue to answer the call

Reserve remains ready, relevant, responsive

By Lt. Gen. James R. Helmly

On April 23, the Army Reserve turns 98 years old. But instead of being an aging relic of the 20th century, the Army Reserve is, at the ripe old age of 98, a changed, responsive and still-changing force, increasingly ready to meet the challenges of the 21st century.

Birthdays are about change, maturing and progression. The Army Reserve has endured change since its birth, always adapting itself to the challenges and realities of the time. From World War I, through World War II, Korea, the Cold War, Operation Desert Storm and this current Global War on Terrorism, Army Reserve Soldiers have served our nation with distinction, skill and professionalism.

Since the beginning of this war on Sept. 11, 2001, the Army Reserve has undertaken deep and profound change – more so than at any time in its history. We have had to turn away from what we've thought were the tried and true methods of conducting warfare — our terrorist enemy has reminded us that change is necessary and inevitable.

This new enemy reminds us that the linear battlefield no longer exists. They enforce the adage that size does not always guarantee victory, but rather a force that is willing to adapt will be victorious in the end. The Army Reserve needed to grow leaner, stronger and more relevant.

These changes have not been easy. We've taken 10 Regional Readiness Commands and realigned them into four Regional Readiness Sustainment Commands, allowing more manpower to be put back into the fighting force.

We have established operational and functional commands to reduce the number of non-deployable headquarters.

We have created Army Reserve Expeditionary Force packages that support the Army's Force Generation Model.

We are no longer a strategic force that will stay "in reserve" until needed to supplement active force during a time

We are no longer a strategic force that will stay "in reserve" until needed to supplement active force during a time of major conflict. The Army Reserve is an operational, inactive-duty force, integral to the world's best Army, complementing the joint force with skill-rich capabilities.

of major conflict. The Army Reserve is an operational, inactive-duty force, integral to the world's best Army, complementing the joint force with skill-rich capabilities.

All of these organizational transformations are occurring as we continue to fight the Global War on Terror. Your ability to adapt during this unprecedented time proves again the quality of our All-Volunteer Army.

It also proves your dedication to our Nation's call to duty, to protect our country from those who would destroy the freedoms and rights we hold dear. More Army Reserve Soldiers than ever before now wear a battle patch on their right sleeve, having served courageously and honorably when called to active duty. Since 9/11, over 150,000 Army Reserve Soldiers have answered the call to duty by being mobilized, with more than 25,000 answering the call at least twice.

These are clearly hallmarks of heroes. We are no longer "Army Reservists" — we are Army Reserve Soldiers!

This call to duty is not an easy call to answer. I respect the willingness of you, the Warrior-Citizen, to serve. You, our Army Reserve Soldiers, serve around the world, in harsh conditions, away from your families, your communities, sacrificing self for the safety and security of this nation.

One cannot recognize the call to duty or mention heroes without taking a moment to remember the only American Sol-

dier missing in Iraq, Army Reserve Sergeant Keith "Matt" Maupin. Sergeant Maupin was captured by insurgents on April 9, 2004, after his fuel convoy came under attack near the Baghdad International Airport.

He continued to answer the call to duty. His family also continues to answer the call to duty — serving faithfully and without reservation, working with the Yellow Ribbon Support Center they founded in his home state of Ohio to support Soldiers and their families.

We must never forget our brother who is not able to be with his family today — we will live the Warrior Ethos:

- I will always place the mission first.
- I will never accept defeat.
- I will never quit.
- I will never leave a fallen comrade.

To all of you, our Soldiers, your families, and the civilian workforce that supports our missions, thank you for serving our nation in the Army Reserve. Thank you for answering that call and being a part of the best Army in the world.

Helmly is the former chief of the Army Reserve and the former commanding general of U.S. Army Reserve Command. This commentary originally appeared online on the Army News Web site (www.army.mil/arnews).

THE CITIZEN

Col. Kenneth G. Juergens
U.S. Army Garrison Stuttgart Commander
Public Affairs Officer

Jennifer Sanders
jennifer.sanders@us.army.mil
Editor

Hugh C. McBride
hugh.mcbride@us.army.mil
Reporters

Brandon Beach
brandon.a.beach@us.army.mil

Sue Ferrare
susanne.ferrare@us.army.mil

Contact Information

Office Location: Building 3307-W, Kelley Barracks
U.S. Army Address: Unit 30401, APO AE 09107
German Address: Gebäude 3307-W, Kelley Barracks,
Plieningerstrasse, 70567 Stuttgart
Telephone: 421-2046/civ. 0711-729-2046
Fax: 421-2570/civ. 0711-729-2570

This newspaper is an authorized publication for members of the Department of Defense. Contents of The Citizen are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The editorial content of this publication is the responsibility of the U.S. Army Garrison Stuttgart public affairs officer. Private organizations noted in this publication are not part of the Dept. of Defense.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

The Citizen is an offset press publication printed in 6,500 copies every two weeks.

www.stuttgart.army.mil

McKiernan: Own the Edge

By Gen. David D. McKiernan
U.S. Army Europe

Three months ago I implemented the Summer 2006 Lifesaving Campaign. One of the campaign goals was to combat alcohol- and drug-related deaths. Despite our best efforts, we have yet to succeed.

Our recent well-being survey confirms that alcohol and drug abuse continues to be a serious concern among those who responded. Soldiers who redeploy are especially at risk. Some Soldiers have become dependent on alcohol or prescribed medications and are unable to quit.

Others crave the adrenaline rush associated with combat and try to duplicate that feeling by mixing alcohol and drugs. Others are using these substances as a sedative, to help them sleep, or simply to forget.

Over the past few weeks one Soldier has died and six Army officers have been charged with driving under the influence. The Soldier who died had recently redeployed and had been drinking alcohol until the early morning hours with some of his buddies. He lost consciousness and appears to have drowned in his own body fluids. Drugs may also have been a factor in this tragedy.

We have enough programs in place to help our Soldiers overcome problems associated with combat. What we need is for leaders, Soldiers, and civilians to live the Army Values by having the courage to intervene when they see someone in trouble. My last McKiernan Sends message discussed a concept called "Own the Edge."

Many of our comrades in arms are walking precariously along that edge and will go over it if we fail to take action.

Our ability to "own the edge" can be improved by becoming aware of the dangers associated with abusing alcohol and drugs. One way to learn about these dangers is by using the powerful tool developed by V Corps to address high-risk drinking and alcohol poisoning.

This tool, which is available at www.vcorps.army.mil/Safety/AlcoholPoisoningBrief%202006-03.ppt, was created primarily for leaders and redeploying Soldiers; but all of us can benefit from the valuable information it provides.

Even those who avoid alcohol and drugs can use this information to help recognize and help battle buddies who have problems. As you read the slides, you will see the same factors as those in the tragedy described above. The slides also describe high-risk behavior and how to intervene.

In addition to becoming aware of the dangers of alcohol and drug abuse, I need you to do the following to take care of yourselves and those around you:

- **Don't Walk By.** If you recognize that someone has a problem, take action, regardless of whether he or she is a battle buddy, family member, someone you supervise, or your leader.
- **Keep in mind that seeking assistance is a sign of strength,** not weakness, and indicates your desire to ensure your own well-being and fitness for duty. The Army Substance Abuse Program can help, but you need to take the first step. Make the hard choice to get help for yourself.
- **Acknowledge that these are stressful times,** but remember that you are not alone. Social Work Services and other community mental-health resources are available to help those suffering from post-traumatic and other forms of stress.
- **Understand that a buddy who helps you go over "the edge" is not a real buddy.**

I ask you once again to consider the consequences of your actions and watch out for your battle buddies, family members, and friends. If you have a problem, using alcohol and drugs is not the solution. Take advantage of the programs available throughout the Army in Europe to get the help you need.

McKiernan is commander of U.S. Army, Europe and 7th Army. This "McKiernan Sends" message can be accessed online at www.hqsareur.army.mil.



U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens, right, receives a ceremonial check from Maj. Gen. Jonathan S. Gration of U.S. European Command during a June 8 Combined Federal Campaign Overseas Ceremony on Patch Barracks. Looking on is Renée Acosta, president and chief executive officer of Global Impact, the not-for-profit organization that manages the CFC-O campaign.

— Combined Federal Campaign Overseas — Youth, families benefit from CFC-O contributions

Story & photo by Hugh C. McBride

Children and families within the Stuttgart military community and the U.S. European Command area of responsibility became the beneficiaries of more than \$260,000 in donations that were raised during the Combined Federal Campaign Overseas 2005 drive.

During a June 8 ceremony in the EUCOM headquarters building's Gen. Matthew B. Ridgeway Conference Room, Maj. Gen. Jonathan S. Gration of EUCOM and U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens received ceremonial checks earmarked for family support and youth programs.

Renée Acosta, president and chief executive officer of Global Impact (the not-for-profit organization that manages the CFC-O effort) presented Gration with a check for \$261,695 – the total that was raised for family and youth within the entire EUCOMAOR.

Gration then handed Juergens a check for \$12,948, representing funds raised from within the EUCOM headquarters

community and dedicated to local quality-of-life programs.

"This is great for all who designated Stuttgart for their CFC-O donations," Juergens said. "This community continues to demonstrate its support for our children and families, and I want to thank everyone who contributed to this very worthwhile cause."

Gration, who noted that more than 16,000 troops assigned to the EUCOM AOR are currently deployed in support of the global war on terror, said that programs supported by these CFC-O donations "are critical in keeping our families together" during times of separation and increased operational tempo.

"The military is a great way of life ... because of the volunteerism and support of the military family," he added.

For more visit the following Web sites:

- USAG Stuttgart – www.stuttgart.army.mil
- EUCOM – www.eucom.mil
- CFC-O – www.cfcoverseas.org
- Global Impact – www.charity.org

Garrison commander announces personnel changes in Garmisch

U.S. Army Garrison Stuttgart Release

The U.S. Army Garrison Commander for Garmisch, Colonel Kenneth G. Juergens, is pleased to announce that he has appointed Lt. Col. Peter Lee, former Director of Plans, Training, Mobilization and Security for USAG Stuttgart, to be the Chief, Security and Operations for USAG Garmisch.

This position is a newly created position that the garrison commander decided was needed to address force protection and security. Lee will report to the garrison commander on these issues. Col. Kenneth and Mrs. Gaby Juergens welcome the Lee family to USAG Garmisch.

Juergens is also pleased to announce Karin Santos will assume the duties of Garrison Base Operations Manager for USAG Garmisch from Mr. Uwe Siemers sometime in August. For the past several months, Santos has been the acting Director of Morale, Welfare and Recreation for the USAG Stuttgart. With her outstanding leadership and service-oriented support, she has made instrumental improvements in the MWR directorate. She will be an outstanding addition to the Garmisch community in that position.

For more information about USAG Stuttgart visit www.stuttgart.army.mil. For more about USAG Garmisch visit www.garmisch.army.mil.

News & Notes

Soldier Show on Patch

All community members are invited to attend the U.S. Army Soldier Show June 23, 7 p.m., in the Patch Barracks Fitness Center. This high-energy 90-minute musical extravaganza, which features some of the Army's most talented performers, is offered free of charge.

Note: An advertisement in the June 6 edition of *The Citizen* incorrectly identified its location as Panzer Kaserne. The show will be held on Patch Barracks.

Swim lessons in Stuttgart

The U.S. Army Garrison Stuttgart Child and Youth Services will offer summer swim lessons with certified instructors during July and August.

All CYS-registered children 18 months and above are eligible. The program offers six different levels ranging from beginning to advanced swimmers.

Cost is \$50 per child, and registration takes place in the CYS Central Registration Office.

For more information call 430-7483/civ. 0711-680-7483.

Story Time at Patch Library

The Patch Barracks Library hosts Preschool Story Time every Thursday at 11:45 a.m. until 12:30 p.m.

Each event features a story, an age-appropriate craft project and a snack.

For information call 430-7138/civ. 0711-680-7138.

Scramble in Kornwestheim

The Stuttgart Golf Club in Kornwestheim hosts a 9-hole scramble every Wednesday starting at 5:30 p.m. throughout the season.

Play with your own team or they will pair you up with others. For more information call 07141-879-151.

Stuttgart German-American Chorus

The Stuttgart German-American Community Chorus meets Mondays, 7:30 to 9:30 p.m., in the Robinson Barracks Chapel Annex.

The group sings classical, pop, folk and more – and is a great way to meet new friends and share your vocal talents with the community.

For more information call Kathleen at 0711-469-0313.

Shape Up with Jazzercise

When you love your workout, results come easy. Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. All fitness levels are welcome.

• Kelley Fitness Center: Mondays, Tuesdays, Wednesdays and Thursdays, 6 p.m.

• Patch Fitness Center: Mondays, Wednesdays and Fridays, 8:30 a.m.

• Panzer Fitness Center: Tuesdays and Thursdays, 8:30 a.m. and Wednesdays, 10:30 a.m.

For more information call 430-5386, 0711-120-2025, 07157-98-9527 or 07158-987-6196.

Leaving the military? Call us first!

Avoid separation anxiety. Call the Stuttgart Army Career Alumni Program at 431-2191/civ. 07031-15-2191 for your pre-separation briefing.

Single Parent Support Group forming in Stuttgart

*No spouse? Spouse deployed?
Military or civilian? Then we mean YOU!*

We are looking to start a single parent support group. This group will be for us by us and ready to look at whatever issues we as single parents may have – but we need to know there is a genuine interest.

For more information:

- Ellie Benavides – 430-7076/civ. 0711-680-7076; ellie.benavides@us.army.mil
- Tech Sgt. Carrie L. Davis – 430-4154/civ. 0711-680-4154; davisc@eucom.mil

Garmisch commissary honored for excellence

Story & photo by Sue Ferrare

Jamie Segarra, Garmisch Commissary director, knew that this small store had potential four years ago when he was here for the birth of the store.

Now that it's won the Defense Commissary Agency's L. Mendel Rivers award for Best Overseas Small Commissary, he can go to his next job satisfied that he led the team that achieved the store's potential.

Segarra, who helped set up the store while it was being built, said he knew then that it had a lot of possibilities, especially compared to the old store.

According to Segarra and some other Garmisch residents, this commissary is much better than the one they used to have, which was off-post and in the middle of Garmisch.

"The isles are wider and it's a better layout. The place is brighter and airier, and I think they have more items," said Michele Hansen, who works at the library and has lived in Garmisch for more than 17 years.

"The shelves here are deeper and hold more," Segarra said. "We added 1,000 more line items. If there's a large demand for something the people want, and I look at the shelf and I've got room for it, I bring it in. If it's in the system and you want it, I'll get it. I get a lot of special orders."

Supporting the community has been his number-one priority, Segarra said. That community may seem to be small, but the commissary also supports people visiting the Armed Forces Recreation Center hotel and campground, retirees and the military community in Munich, Segarra said.

And he said he couldn't do it without teamwork.

"I really believe in [the employees]," he said. "I've got happy people here. I don't even have a large turnover. They don't want to leave. A lot of them, they've got so much pride in this store."

As someone who has worked at this store for five years, David Marbury agrees with Segarra. "You want to come to work," he said. "You love to work here. Everybody is friendly, and we get along well with each other. [Segarra] communicates well with us. We're never out of the loop."

Segarra even kept his employees in the loop while he was back in the States receiving the award. As soon as he walked off the stage, he called the store to tell the employees that they had won.

"It was nice winning, but to hear that the employees were



Amy Freeman and her family enjoy the Garmisch Commissary's spacious isles, excellent lighting and superior selection of products on well-stocked shelves – the combination that helped earn the facility the Defense Commissary Agency's L. Mendel Rivers Award for Best Overseas Small Commissary.

so happy about it, that makes me feel so good," he said. "That's my satisfaction."

Customers can see the teamwork and the pride the team takes in its work. Segarra sets high standards for his team to achieve, and he feels his customers know that.

"I think the store [appearance] should always [stay] at a high standard," he said. "Not because we have an inspection or because we have a VIP coming. It's the pride of the store. That's why the store is the way it is, not because so-and-so is coming. And when that happens, it becomes normal, routine and everybody knows that. That's the standard, and I believe in that."

It's this commitment to the customer and high standards that Uwe Siemers, U.S. Army Garrison Garmisch's acting garri-

son manager, says he thinks helped them to win the award.

"Number one is the friendliness of the staff towards the customers," he said. "There's a personal touch to all of that which you don't see at many other commissaries. I notice that for the whole staff, from the employees who bag the groceries all the way up to the manager of the facility."

Siemers also said that although they received the award for the 2005 year, they continue to keep their standards high.

"I still think they have maintained their high performance in all respects; they have not slacked off. The food items are well displayed; it's very clean and well lighted. The facility is all around perfect to present goods to a customer. They maintain a very well-operated commissary."

Service Credit Union hosts 'Pigs on Tour'

Story & photo by Sue Ferrare



"Oinker Bell" was one of the "Pigs on Tour" that made a number of recent appearances throughout the Garmisch military community. The brainchild of an employee of Garmisch's Service Credit Union branch, the tour helped teach elementary students about savings and art.

For someone whose eyes are only a few inches above table level, Pigs on Tour is a wondrous sight. There is the Mona Lisa Pig, "Pork u Pine" pig, the Statue of "Pig"erty, Oinker Bell and many more pigs to see in Pigs on Tour.

Pigs on Tour is a collection of pink piggy banks donated by the Garmisch Service Credit Union to the Art Club at the Garmisch American School.

"We turned over 20 pigs to Dorry Hummer, the art teacher," said Sue Westerh, a manager for the Garmisch Service Credit Union. "Her students decorated the pigs then turned them back over to us. The pigs go on tour to AAFES one week and [the] Edelweiss Lodge one week."

People voted for their favorite pigs during the tour.

"After the tour, the votes are counted by our staff and the winners each receive a savings bond," Westerh continued. "This is the second year that we've done this. The Garmisch Branch – so far – is the only branch that has done Pigs on Tour. The idea was created by a staff member [here]."

Hummer, the school's art teacher, thinks this is a great idea, not only to promote savings but also to promote creativity. "It's not only art in the sense of creating art, it pulls in a lot of imagination," she said. "So often the kids don't have the opportunity to do that. ... This way they can just go completely wild and crazy and think up whatever they want. ... It wasn't just everybody doing the same thing; it was everybody doing something different."

Not only did the children have to decorate the pigs, they had to make the scenery to go with their creations.

"They had to create the backdrop if it had a backdrop, and they had to figure out how to make the platform if it had

Pigs on Tour 2006 Winners

1st Place

Julia Goodwin (MerPig)

2nd Place

Elizabeth Pacania (Mona Lisa Pig)

3rd Place

Josh Elliot (Cu "pig")

a platform," Hummer said. "All the different things you see, they created."

Hummer brought a 'box of junk' to help them find materials for their project, but some of the kids used the Internet to help them make everything just right. Elizabeth Pacania said she wanted to do something unique, so she used the Internet to help find the picture she wanted to model her pig after – the Mona Lisa.

Pacania said she then used fabric and trim for the dress and added black hair to copy the original. She finished the effect by putting a picture frame around the pig, a picture of trees behind that to simulate the background and finally, putting a copy of the original behind the whole thing.

Hummer thinks that this project is also good to show the kids that everybody can do their own thing and that everybody is creative.

"Frequently people don't have the opportunity to express themselves, this gives them that chance," she said. "This is something that everybody can do. It gives them a chance to take a risk and do something fun. I hope we do it again next year."

Tricare beneficiaries now able to make online appointments for Stuttgart Clinic

Stuttgart Army Health Clinic Release

Are you frustrated with the current process of making an appointment at the health clinic? Are long lines, being on hold, and limited appointments taking time away from your busy schedule just to make a doctor's appointment?

With a computer and Internet access your problems may be solved.

The U.S. Army Health Clinic Stuttgart and Tricare Europe invite you to make an appointment online. Just follow these easy directions:

1. First, visit the Tricare Online site at www.tricareonline.com. In order to proceed you must signal your agreement with the terms and conditions by clicking the "I Agree" icon.

2. The following window should prompt you to either log on or register. If you have already registered with Tricare Online, log on with your username and password. If you have not registered before take the time to do so and remember your username and password.

3. Once you have logged in, you will be directed to a Web page with a picture of the Stuttgart Army Health Clinic.

4. Click the icon that says "appointments" (near the top of the page). You will then be asked to list the type of appointment you are seeking (for example, "New Problem/Urgent" or "Follow Up with PCM").

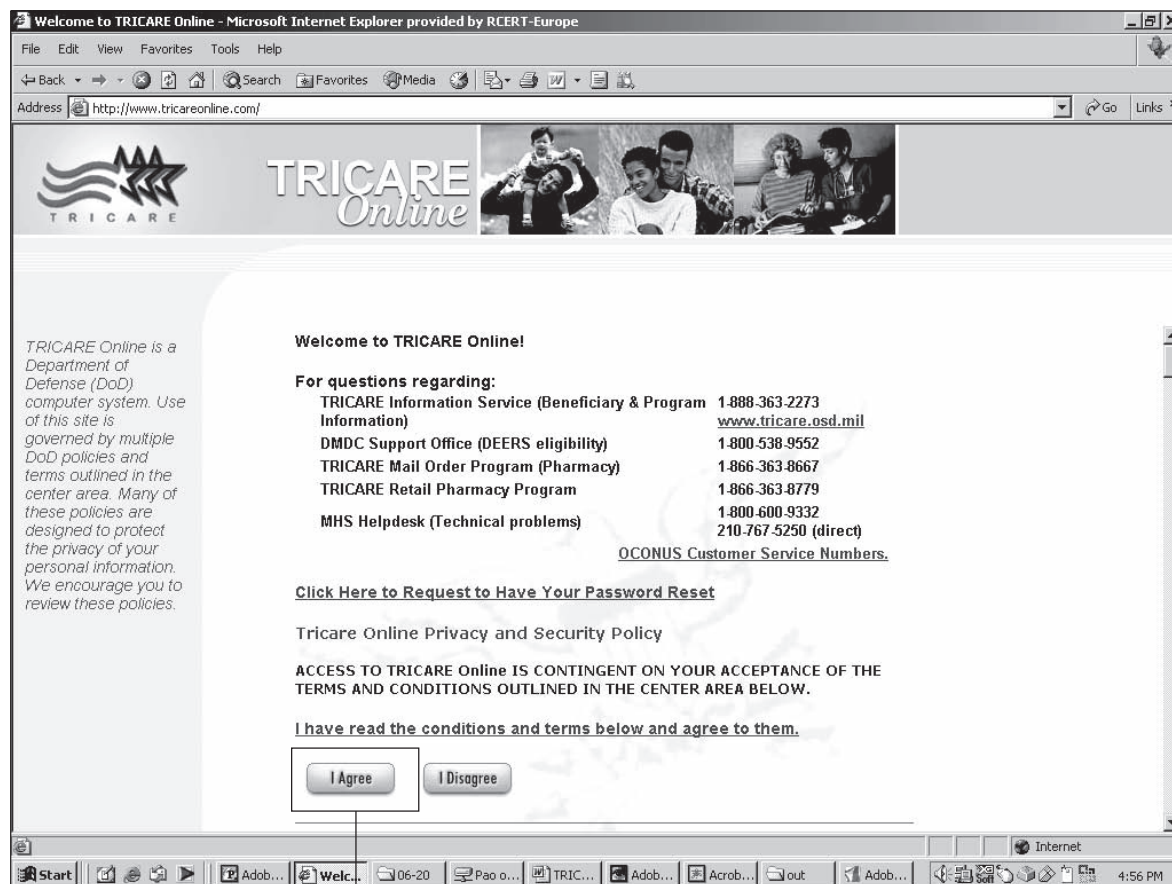
5. Once you have selected a general reason, click the "View Available Appointments" icon.

6. The next window should give several appointment times and dates. Choose the time that best fits your needs, and a confirmation page should pop up.

7. If this is indeed the time, date, and physician you would like to book your appointment with, click the "I'll Take It" icon, print off the following confirmation page and you're done.

Remember – Please arrive at least 15 minutes before your appointment time to give the medic time to take your vital signs and complete the initial screening. This will help clinic personnel ensure that they can treat as many patients as possible in an orderly and efficient manner.

For more information about the Stuttgart Army Health Clinic call 430-8610/civ. 0711-680-8610.



Once you have read the terms and conditions listed on the main page of the Tricare Online Web site, clicking the "I Agree" button will allow you to register to make online appointments at the Stuttgart Army Health Clinic. In addition to the appointment feature, the site also offers access to a wealth of other medical- and pharmacy-related information.

Exercise evaluates pandemic flu plans

By Sue Ferrare

Officials from more than 25 nations convened at the Edelweiss Lodge and Resort from June 6 to 8 in hopes of improving on plans for what to do if an outbreak of Avian and pandemic influenza occurs.

Col. John Metz, of the EUCOM European Plans and Operations Center Contingency Response Branch opened the European Command tabletop exercise called Avian Wind by giving the attendees an understanding of one of the biggest reasons they were asked here.

"We need people who don't have the uniform on to sit there and take a look at [the plan] and provide that critical analysis and critique of what we're doing so that what we're doing makes sense," he said.

One major planner of this event, Lt. Col. Ron Sanders, explained some of the other things they hoped to accomplish with this conference.

"We have two objectives for this conference: the first objective is to raise the awareness of our key partner nations in the importance of preparing for Avian and pandemic influenza," he said. "Because of that, we reached out to more countries [than at the previous conferences] and made an effort to get them here."

The second objective, he said, was to evaluate the plan by putting it against some scenarios that test it. It is something he said they had never done before.

Exercise planners used realistic pandemic scenarios to bring up issues that might not have been thought of before and flesh out EUCOM plans and those of other nations in the EUCOM area of responsibility.

"What we will try to do this week is we will put up some very basic scenarios that will just set the stage," said Metz at the opening of the conference. "We will talk about our

Sponsored by U.S. European Command, the international gathering was designed to raise awareness among partner nations and to evaluate existing plans for responding to a flu pandemic.

plan in some of those scenarios but we're really going to throw key issues out there that we see affect all of us and try to get some discussion back and forth."

Throughout the scenarios, Sanders and the facilitator, Gregory B. Saathoff, made sure that delegates, who would be involved in these specific incidents, were questioned about their role and allowed to voice their issues.

Many times delegates from the country in question were called up front to give a short description of the plans their countries would put into action and asked to field questions from other delegates.

Discussions of the roles and responsibilities of international organizations was particularly key to this conference, said Dr. Cedric E. Dumont, Regional Medical Manager for the Department of State's Office of Medical Services.

"There is a coincidence with this meeting and that is that the national implementation plan [the official U.S. National Strategy for Pandemic Influenza] has just come out and we are able to discuss the international components of the plan," he said.

"EUCOM has demonstrated a flexibility to hear other agencies as to what their issues are and what their roles and responsibilities are. EUCOM has wanted to find solutions

and answers to their questions, and I think they're getting them," Dumont added.

Summing up the conference, Sanders said, "Coordination is the key to success in this type of plan."

"Part of it is, this concept and this plan crosses so many different organizations and countries," he explained. "In each country different organizations are responsible and a lot of those are folks that we normally don't talk to. So we have to build those bridges so we know whom we need to talk [with] to get information. If you don't look at what they are doing and understand what they are doing, you can't build your plan correctly because you're basing your plan on assumptions of what they are doing and they might not actually be doing that."

As with all plans that deal with health issues, Sanders wanted to make sure that people knew that education and adherence to pandemic guidelines should be a top priority.

"For us, we're working on a plan," he said. "It's not going to solve all the problems. It's going to take us, it's going to take the communities, and it's going to take the family members to understand that there is a situation that we all will have to deal with. ... They all have a responsibility ... but if they don't pay attention to it, it doesn't help."

SecArmy sees continued improvement in Iraq

Harvey lauds troops for 'breaking cycle of terror'

Story & photo by Staff Sgt. Carmen L. Burgess
Army News Service

Secretary of the Army Francis Harvey made his third trip to Iraq May 10 to 12, visiting Soldiers from the 101st Airborne Division, 4th Infantry Division and the Iraqi army's 6th Division.

"I have three primary reasons for visiting troops overseas," said the Army's top executive, "insuring the needs of the Soldiers and forces are being met, checking on the adequacy and relevancy of training and equipment, and to see, firsthand, the effectiveness of the Army modular force."

Beginning his trip in Kuwait, Harvey observed Soldiers of the 1st Battalion, 6th Infantry Division, conducting military operations training in an urban terrain site at Camp Buehring.

Upon arriving in Iraq, Harvey was briefed by Lt. Gen. Martin Dempsey, commander, Multi-national Security Transition Command – Iraq, on the status of Iraqi Security Forces.

"This is the year of transition," Dempsey said. He explained to the secretary that the building of forces making up the Iraqi ministries of the interior and defense should be complete by the end of this year. "We are preparing for a full transition of the government including battle space, control of the borders, training and institutional processes."

"Although measuring the number of weapons being passed out and the number of buildings going up is more tangible," the general said, "the building and sustainment of (these ministries) is a better marker of success."

Dempsey also shared that "moral ascendancy," marksmanship and training had all vastly improved.

Since Harvey's last visit, the success of the Iraqi Security Forces has continued to climb. In March 2005, ISF had only 140,000 soldiers; now there are more than 250,000 troops with



Secretary of the Army Francis Harvey meets with Soldiers from the 101st Airborne Division (Air Assault) May 12 in Tikrit, Iraq. Harvey spent three days in the region meeting with Soldiers and assessing conditions.

50-60 battalions taking the lead in operations.

As of mid-April, 25 percent of Iraqi day-to-day, company-level and above, operations were run independently. Sixty percent of the patrols in Baghdad were also being run independently by the ISF.

Effective border operations within the last year have led to dramatic reductions in the number of suicide attacks across Iraq, dropping the daily average from 75 to 24.

"The strategy of standing up effective security forces

is working," Harvey said. "I am impressed with both the quality and quantity of trained forces."

The attitude of U.S. troops throughout Iraq impressed the secretary during his trip.

"The morale here is high," he said. "Soldiers know that what they are doing is important to this country. That is evident by the high retention rates."

"Thank you for your service," the secretary told each unit he encountered, "you are helping to break a cycle of terror."

Soldiers, families: Army foundation wants your stories for museum, Web site

Army News Service

Soldiers past and present now have a unique opportunity to share their stories through the Registry of the American Soldier.

Managed by the Army Historical Foundation, the Web-based registry is a celebration of the service and sacrifice of Soldiers from 1775 to today, at home and abroad, in peace and in war.

The Registry will be permanently displayed at the National Museum of the U.S. Army when it opens in 2011 at Fort Belvoir, Va.

It will also remain accessible via the Internet, according to Dick Couture, the foundation's director of Donor Marketing and Data Management.

Each Registry entry will include the Soldier or veteran's name, rank, hometown and service history.

Because the Registry is to serve as a link between those who have served and the American public, Couture encourages participants to share their personal stories.

"They all have a story to tell, and we want to hear about it in their words. Their memories and personal experiences will bring Army history to life and make it memorable for future generations," Couture said.

The names and service histories of more than 18,000 Soldiers and veterans have already been entered at www.armyhistory.org.

"Our vision for the Registry of the American Soldier is to recognize the Soldier, the stalwart who fought to give us our freedom 230 years ago and who has ensured it ever since," said Couture.

Current Soldiers and Army veterans can enroll in the Registry of the American Soldier at www.armyhistory.org.

Spouses, parents, children and friends can also enroll active-duty and former Soldiers, to include deceased Army veterans.

Army launches online version of weight-management program

By Elaine Wilson
Army News Service

Soldiers can now participate in the Army's weight management program from the comfort of their own home. The Army has launched an online version of "Weigh to Stay" to improve the program's accessibility and convenience.

"The site has been hugely successful," said Lt. Col. Danny Jaghab, site creator and nutrition staff officer for the Directorate of Health Promotion and Wellness, U.S. Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md.

"We recently had 23,000 hits, the most any medical page has received on [Army Knowledge Online] other than the 'myMedical' page," Jaghab said.

The Weigh to Stay program is an Army requirement for Soldiers who have been "flagged" for weight, and comprises three one-hour sessions and three half-hour follow-up sessions with a dietitian.

Before the online program, reserve- and active-duty Soldiers had to attend sessions in person.

This often created scheduling problems for Army Reserve Soldiers and their leaders.

"Reservists have to take time off from their civilian jobs and, in some cases, travel a distance to attend a session with a dietitian," Jaghab said. "As a result, the program's return rates were poor for Reserve and Guard members."

The online site duplicates the standard version, offering the same number of sessions and content, which includes nutrition basics and myths, supplement use, menu planning, behavior modification and the importance of exercise.

The site's success has prompted Army officials to extend the online program to active-duty Soldiers, family members and retirees.

"You sign up, go online and pick a class," Jaghab said. "Then, at the scheduled time, you log on and participate in a virtual class."

Participants can interact with other students and the instructor, as well as view slides and a participant list.

The site also includes links to health and weight loss information and special features.

"Weigh to Stay is the Army 'gold standard,' but there are other ways that are effective," Jaghab said. "We want to make sure we provide information so people can make smart choices for themselves."

The site's success has prompted Army officials to extend the online program to active-duty Soldiers, family members and retirees – although only reserve Soldiers are able to forego the traditional program for the online one.

The ultimate goal is to create a multi-service site for the Department of Defense, he said.

"I'm hoping the site eventually becomes a 'one-stop shopping' site for weight management," he said.

For more information or to register for the Weigh to Stay Web site e-mail danny.jaghab@apg.amedd.army.mil.

Author entertains, educates Garmisch students

Story & photos by Sue Ferrare

Visiting author Michael Shoulders used magic tricks and rap songs to interest the Garmisch American School students in the world of reading and the potentially boring world of children's book publishing and to give them a presentation they will remember long after he has gone.

Shoulders is a former 4th-grade teacher who writes children's books and has an aptitude for educating children and rhyming words. He visited the Garmisch School June 5.

Shoulders said he always valued literature as a teacher and read to his students every day. He never thought he could write a book himself until he took one author's warning as a challenge.

"I never thought I could be an author until I went to a meeting and an author was talking to all the teachers saying, 'Hey this is brutal, don't do this, you can't do it,'" he said. "I vowed that day that I would have a book — whether it took me two years, five years or twenty years. It took me five years — almost to the month — to get a book accepted for publication."

Because of that experience, Shoulders wants to make sure the children he talks to know they can do anything they want.

"I want children to understand that they can do, and become, whatever they dream, and not to let things get in their way or think that they can't do it because someone tells them that they can't do it," he said. "I also want them to know that if you want to be a writer when you grow up, people will pay you to write. It doesn't have to be a children's book author, it could be a newspaper reporter, it could be a travel guide writer, but people can make money being a writer."

"It got real quiet a couple times when I said, 'You can do it.' Maybe it will stick, maybe one or two kids might not remember that I said it, but they'll know the feeling that they can achieve something."

During his presentations, Shoulders gave the students an idea of why he writes these kinds of books and what it was like to write a book.

"I heard a phrase that a lot of authors write what they know and I know Tennessee," he said. "I have a friend who writes alphabet books ... so I combined those two ideas; an alphabet book on Tennessee. Everything is a book idea now."

Shoulders told the students about how he got a book idea from a kindergarten class who wanted to learn about houses but only had one book on that subject. So he wrote a book about different kinds of houses.

Pre-writing, rough drafts, rewrites and publishing don't sound like topics kids would want to hear about, but Shoulders explained all of these in a way kept the audience interested and laughing.

"Now it's time to write a rough draft," he said. "I take my favorite book out; it's a rhyming dictionary, because I write a lot of poetry."



Children's author Michael Shoulders entertains students at Garmisch Elementary School June 5.

"These words rhyme with pepperoni: bony, crony, phony, pony, Sony, stony, Tony, baloney, Shoshone, abalone, alimony, ceremony, matrimony ...," he quickly chanted in a singsong voice that brought laughter from the audience.

Shoulders said one of the main reasons he writes is to give children a chance to learn while reading. All of his previous books have been alphabet or number books, but he is working on his first fiction book right now. He still plans to make it educational.

"The next book I'm writing is set in the Civil War," he said. "It's [a true story] about an 11-year-old boy who was in a prison in the civil war and how he survived it. But it is about the Civil War. This can be used in the fourth and fifth grade classroom. ... Kids are going to learn from it and hopefully be entertained."

Judging by the reaction of those at his performance here, his book will be a hit. "We had fun because he did lots of stuff and maybe some authors would be like, 'OK, here's how you make a book — you do this, this and this,' — and make it boring, but he did it the fun way," said Daniel Lonkhurst, a Garmisch third-grader.

"It was cool that he did stuff with us, because with other authors, people wait in line and they just sign the book," said 4th-grader Benny Little. "He told us how to make a book, and what he does."

For more about Shoulders visit www.michaelshoulders.com



Shoulders performs some up-close sleight-of-hand during his June 5 visit to Garmisch Elementary School.

Stuttgart students, parents enjoy evening of songs, stories with 'Mrs. B' & friends

Story & photos by Hugh C. McBride

The Patch Elementary School multipurpose room was filled with music and laughter May 22, as "Mrs. B's Story Time ... with a Twist" brought an evening of military-themed songs and stories to the community.

A children's performer based in Arizona, Mrs. B (real name: Carri Blake-Brekke) came to Patch after two performances in Garmisch, where she attended and conducted workshops at the annual conference of the European Conference of American Parents, Teachers and Students.

She also performed at a number of other Department of Defense Dependents Schools in Germany and Italy.

"What makes Mrs. B different? She combines learning and fun in such a way that the audience begs for more," said Patricia Hewitt, president of the European PTA. "In addition, she demonstrates a respect for our military community and is able to share that respect in a way that instills pride in our students and families."



[Above] Mrs. B and Jacqueline Nasca of the Patch Elementary School Parent Teacher Association get the crowd fired up before the May 22 "Story Time ... with a Twist" show in the PES multipurpose room.

[Right] Mrs. B and a friend sing a song about staying at home while a parent deploys. As Mrs. B notes on her Web site, "If you're a military kid, you're one very special kind of child! My own four children are military kids. Their pride and support of [their father] is an inspiration to me."

For more about Mrs. B visit www.mrsbstorytime.com.



Ceremonies, celebrations signal start of summer



photos by Raquel Hicks

PHS graduates 86 during Sindelfingen ceremony



The 86 members of the Patch High School Class of 2006 officially became alumni of the school during a June 11 ceremony in the Sindelfingen Stadthalle. The commencement feature remarks by co-vaedictorians Kirsten Jackson and Laura Elton, as well as an address by PHS teacher Mrs. Drane. The following students are members of the PHS Class of 2006:

- | | | | |
|--------------------|-----------------------|---------------------|--------------------|
| Daniel Afinidad | Laura Elton | Julie Johnson | Adam Rost |
| Henry Anderson | Stephan Fiala | Mathew Karr | Lauren Sanchez |
| Katherine Arnold | Jessica Fowler | Emre Kelly | Olivia Schake |
| Christina Banchs | Jessica Fox | Jennifer Lake | Brittany Selman |
| Trisha Barabin | Louie Fuertes | Adama LaMon | David Skelly |
| Justin Bentley | Brianna Gee | Ashley Leathers | Phillip Steagall |
| Derek Berkebile | Christopher Gillespie | Jerry Lindsay | Nadine Stout |
| Michael Beuckens | Anastasia Glogowski | Lindsay Lovett | Joi Strandhagen |
| Samantha Blanchard | Thomas Gorry | Raymond Mattox | Brandon Suggs |
| Jason Bolley | Katherin Gratton | Katherine McCabe | Alexander Taylor |
| Timothy Boswell | Ckystin Gravatt | Kevin McGill | Paul Taylor |
| Reed Boudreau | Heather Hall | Sean McNulty | Anne Temme |
| Brian Bowles | Derrick Hamilton | Daniel Medley | Jeremy Thompson |
| Michaela Buglewicz | James Hansen | Lauren Mier | Stephen Townsend |
| Laura Bullock | Joshua Hansen | Andrew Mills | Sarah Tuparan |
| William Coggins | Johnathan Harris | Jessica Moore | Gregory Ullman |
| Ashley Cole | Kara Hogan | Anthony Morales | Tara Valle |
| Felizitas Crane | Bryan Horsley | Charles Neville | Kim Vroegeindewey |
| Ariana Diaz | Chester Husk | Alexander Ortiz | Trevor Warren |
| Holly Drabek | Laura Ingold | Courtney Pirosko | Jared Watson |
| James Duhart | Kirsten Jackson | Patrick Poage | Jessica Weigeshoff |
| | Carl Jaeger | Christina Robertson | |

[Top] Members of the PHS Class of 2006 receive their diplomas during the June 11 commencement ceremony in the Sindelfingen Stadthalle.

[Left] PHS graduate Trisha Barabin shares a smile – and traditional Hawiian symbols of celebration – with Kasy’e Lalau after the commencement ceremony.

Stuttgart’s DARE students honored for efforts

Graduation celebrations held in area elementary schools

By Hugh C. McBride

One hundred fifty-four fifth-grade students were honored for their efforts to resist drugs and alcohol during “graduation” ceremonies in Stuttgart’s three elementary schools. Earnest Epps, who runs the Drug and Alcohol Resistance Education for U.S. Army Garrison Stuttgart, said the DARE mission makes it an important part of a child’s educational development.

“I am a strong believer that if the program can prevent just one child in a class room from doing drugs then it’s all worth the while,” Epps said. “Of course, the intent is to hope that all will say no to drugs.”

During the Stuttgart ceremonies, all students who participated in the program received gold graduation lapel pins and goodie bags containing DARE-emblazoned items including T-shirts, frisbees, pens and pencils, stickers and Frisbees.

Also, the following students were honored for their entries in a DARE essay contest:

- Patch Elementary School**
- 1st place – Amber Srake
 - 2nd place – Kiara Bell
- Panzer Elementary School**
- 1st place – Ena I. Wong
 - 2nd place – Katlyn R. Knorreck
- Robinson Barracks Elementary School**
- 1st place – Emily Rosewitz
 - 2nd place – Karoline Ellsworth

Each winner received a DARE medallion, a pin with a red ribbon and also a watch. The runners-up each took home a pin with a red ribbon and a back pack.

Epps said the success of the DARE program was a credit to the students who participated and the school personnel who supported the effort.

“These individuals ensured that the program received the fullest support so that the kids would learn how to make the right choices – to resist pressure, to say no to drugs, and to make wise and healthy choices in everyday life,” Epps said.

The following personnel coordinated the DARE program in the schools, Epps said:

- Panzer Elementary School – Principal Dr. Harriet Hunter- Boykin, teachers Mrs. Petze and Mr. Gale



courtesy Earnest Epps

Earnest Epps and fifth-grade students from Robinson Barracks Elementary School gather around the USAG Stuttgart Provost Marshal’s DARE car after a year-ending graduation ceremony.

- Patch Elementary School – Principal Susan Pleiss, teachers Mrs. Thompson, Mr. Lowry and Mrs. Dipert
- Robinson Barracks Elementary School – Principal Dr. Shirley Sheck, teacher Nick Corelis

Epps also lauded the following individuals and organizations for their support of DARE: 1st Sgt. Jose Cruz of USAG Stuttgart Headquarters and Headquarters Company; Community Health Nurse Terry Gorham, all elementary school Parent Teacher Association branches, American Legion Stuttgart Post 6, the Defense Commissary Association and AAFES.

For more about DARE visit www.dare.com.

About DARE

D.A.R.E. was founded in 1983 in Los Angeles. It is now being implemented in 75 percent of U.S. school districts and in more than 43 countries around the world.

D.A.R.E. is a police officer-led series of classroom lessons that teaches children how to resist peer pressure and live productive drug- and violence-free lives.

– Source: www.dare.com



photos by Antonio Brunetti

Scouts bridge on Kelley Barracks

Girl Scouts from Stuttgart’s Brownie Troop 570, Junior Troop 182 and Cadette Troop 56 ceremonially advanced to the next level of scouting during a June 1 bridging ceremony in the Patch Barracks Community Club. Troop leaders Lisa Beebe, Toni Walton and Amenda Brown oversaw the event, during which eight Brownies advanced to Juniors and three Juniors moved up to the Cadette level. For more about Girl Scouts visit www.girlscouts.org.

Spring sports roundup

Girls soccer storms past Aviano, takes DII title

Story & photos by Brandon Beach

The Lady Panthers saved their best soccer for last. Down a goal to Aviano in the finals and returning to the field following a one-hour rain delay, Patch rallied in three goals to earn a second straight Division II European girls soccer title May 20 in Ramstein.

"They definitely peaked at the right time," said Michele Durgin, director of the Hub on Patch Barracks, who along with PHS Sports Director Tom Manual are coaches on the team.

Seeded first in the tournament, Patch finished conference play with five wins and a tie and looked to repeat last year's run at the trophy. Since 1997, the team has won the DII championship a record seven times.

"Patch is used to having a target on their backs," said Durgin, who has been an assistant coach for the last five seasons and once laced up a pair of cleats for the team. "The tradition is one of the reasons we play the way we do."

That bit of soccer lore is what keeps opposing teams hungry for a win; and, as forward Sally Hogan, a PHS junior, observed, "fuels us to keep getting better in every practice and every game."

After sweeping through pool play with wins over Black Forest Academy, Naples, Mannheim and Hanau, Patch met tournament second-seed Aviano in a 4 p.m. final.

After a scoreless first half with numerous shots on goal from both sides that either sailed left, right or over, the two teams returned to the pitch after the halftime break,

Patch is used to having a target on their backs.

Michele Durgin
Assistant Coach

but didn't stay very long.

Aviano broke the tie in the first minute of play when a midfielder scored with a strike from just outside the goal box that found the back of the net.

"That first goal was devastating," said forward Kylee Marchant, who led the team with 11 goals for the season. "It was so tough because we didn't get a chance to respond."

Minutes after the Aviano goal, a thunderstorm erupted on the field, and the game was delayed for an hour forcing the two teams to retreat to a nearby gymnasium to wait out the downpour.

To lighten the mood, PHS players sang songs, stretched their legs and even performed an impromptu rain dance. The five-minute boogie had just enough spunk to summon blue skies and an eventual return to the pitch, with a few surprises left in the storm's wake.

"When we came back it was a swamp," said defender Ciarra McGregor, a junior at PHS. "We had to make sure we struck the ball hard and firm."



Sally Hogan, shown here in an April photo, scored a late second half goal in Patch's win over Aviano to reclaim the Division II European Championship May 20 in Ramstein.

Despite the poor field conditions, Patch didn't waste any time to even up the game. Junior Kate Frasca threaded a pinball shot through a group of Aviano defenders camped out in front of the goal to make it 1-1.

"It was a garbage goal, but it went in," said Frasca.

Moments later, in the 65th minute, an Aviano defender was called on a hand ball penalty inside the goal box, setting up another Patch goal. Marchant nailed home the penalty kick just past

the fingertips of an outstretched Aviano goalkeeper. That made the score 2-1.

With 10 minutes left to play in the game, the team's captain Heather Hall dribbled down the middle of the field and fed the ball to a sprinting Sally Hogan who blasted in the ball for Patch. The goal gave Patch some breathing room and seemed to sum up the team's unbelievable season.

"It just seemed right," said Hogan of the goal. "It came down to teamwork."

Softball team places second at Europeans, baseball squad carries perfect record to Holland

Story and photos by Brandon Beach

The weather can play the foil in Germany. Just ask the Lady Panthers who spent three rain-slogged days in Ramstein defending their 2004 Division II title during this year's Department of Defense Dependents Schools softball championship tournament May 18 to 20.

Patch ended their season with a 4-2 conference record and a second place finish behind tournament favorites Bitburg.

Several teams didn't even make the trip to Ramstein. Both AFNORTH and Mannheim dropped out of the tournament at the last minute due to a lack of players. That sliced the competitive field in half with Patch, Bitburg and Hanau all vying for top honors.

Patch looked poised to defend their title by opening the tournament with a convincing 28-12 win over Hanau. First time pitcher Kelleigh Mallonee blitzed Hanau batters from the mound and earned her first victory of the season.

A day later, Bitburg kept Patch batters at bay and gave up just one run to card a 5-1 win.

The victory proved to be the tournament decider. On Saturday, the rain just wouldn't let up.

Instead of a weekend match up between the league's top two squads, the title went to Bitburg for their perfect 2-0 record in pool play.

Several Lady Panthers earned all-conference honors for

their outstanding play including seniors Trisha Barabin and Jessica Fox as well as Lauren Nation, a PHS junior who had 22 steals for the season.

The team's captains and pitching duo, junior Kasy'e Lalau and senior Laura Sanchez, were selected to the all-European first team for their shutouts from the mound and their chops at the plate. Sanchez maintained an astonishing .550 batting average during the season, while Lalau had 74 strikeouts in 32 innings during season.

All-conference honorable mention nods were awarded to juniors Katharine Baumann, Jesi Perez and Britney Thompson.

Baseball Notes

Stuttgart's Child and Youth Services Sports and Fitness Panthers baseball team traveled to Shinnen, Holland May 26 to 28 to square off against Europe's top Youth Services ball clubs in the Installation Management Agency Europe Region Big League Tournament.

The team finished the regular season with a perfect 15-0 mark and entered the three-day slugfest as tournament favorites alongside Ramstein.

Seniors J.D. Lindsey and Zach Snider frustrated batters from the mound, and Will Coggins led the team at the plate with a .583 batting average during the tournament.

The top two seeds met in the first game of pool play with Stuttgart batters lighting up to a 8-2 victory. But like most of the sports championship weekends in Germany, the weather in Holland was a factor. Many games were called midway through play or cancelled all together.

Stuttgart finished the tournament with a 2-2 record, with Heidelberg taking the title.



Kasy'e Lalau, shown here in an April photo, helped lead the Lady Panthers from the mound during the team's run at the DII European Championship May 18 to 20 in Ramstein.

CYS Sports & Fitness

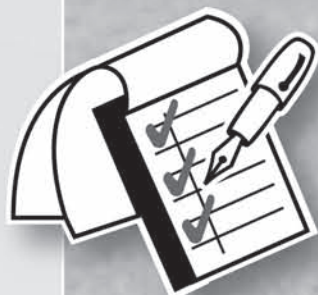
Fall REGISTRATION

May 28-August 18, 2006

Outdoor Soccer



ages 4-15



Season starts
September 16, 2006

Fees

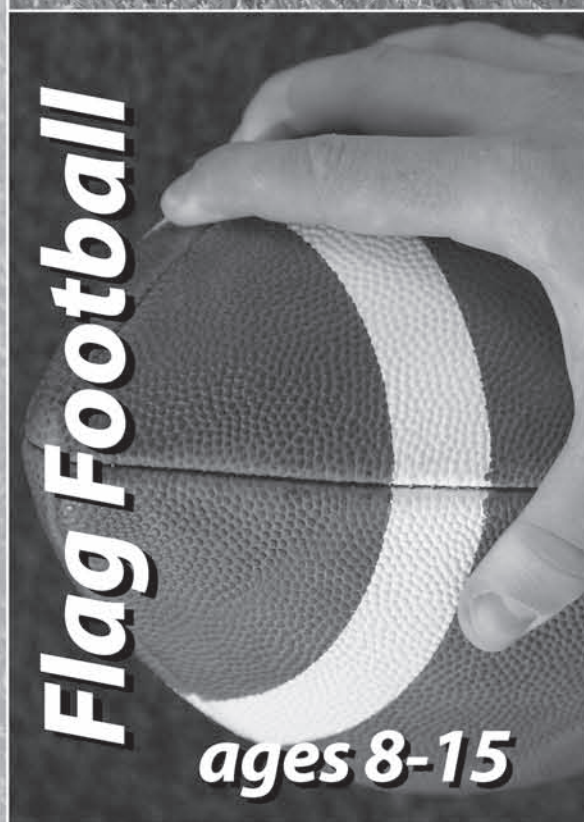
SOCCER: \$30

FLAG FOOTBALL: \$30
for first child, 10% discount
each additional child

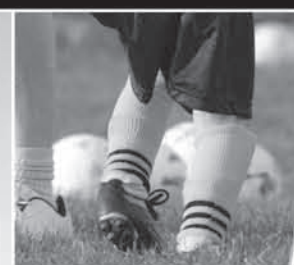


*Head coaches' 1st child plays for FREE
50% off for each additional children!

Flag Football



ages 8-15



*Coaches
needed!

Coaches are needed for the upcoming youth sport season. Training is provided to those interested. This is a great way to make positive and lasting contribution to the youth of our community.

Child must be registered with CYS and have a sports physical valid thru November 19, 2006.
Children registering late will be placed on a waiting list.
A late fee of \$20 will be imposed.
Priority will be given to those PCSing with orders.
Age cut-off is November 15, 2006.

For more information or to register, contact Central Registration
Patch Barracks, Bldg. 2347 DSN 430-7480/7483 CIV. 0711-680-7480/7483



Stay alert, aware, alive

Plan ahead, prepare for contingencies when enjoying Europe's many summertime splendors

U.S. State Department

When you travel abroad, the odds are in your favor that you will have a safe and incident-free trip. However, crime and violence, as well as unexpected difficulties, do happen to U.S. citizens in all parts of the world.

No one is better able to tell you this than the U.S. consular officers who work in more than 250 U.S. embassies and consulates around the globe.

Before you go

Safety begins when you pack. Dress conservatively. Don't wear expensive-looking jewelry. Avoid the appearance of affluence.

Always try to travel light. You can move more quickly and will be more likely to have a free hand. You will also be less tired and less likely to set your luggage down, leaving it unattended.

Carry the minimum amount of valuables necessary for your trip and plan a place or places to conceal them. Your passport, cash and credit cards are most secure when locked in a hotel safe.

Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.

Medical concerns

To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs.

If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country first.

Documents & money

Bring travelers checks and one or two major credit cards instead of cash.

Pack an extra set of passport photos along with a photocopy of your passport information page to make replacement of your passport easier in the event it is lost or stolen.

Put your name, address and telephone num-

The State Dept.'s Consular Information Sheets are available for every country of the world. They describe entry requirements, currency regulations, the crime and security situation, areas of instability, and special information about driving and road conditions.

bers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage.

Leave a copy of your itinerary with family or friends at home in case they need to contact you in an emergency.

Make two photocopies of your passport identification page, airline tickets, driver's license and the credit cards that you plan to bring with you. Leave one photocopy of this data with family or friends at home; pack the other in a place separate from where you carry your valuables.

Learn before you leave

The Department of State's Consular Information Sheets are available for every country of the world. They describe entry requirements, currency regulations, unusual health conditions, the crime and security situation, political disturbances, areas of instability, and special information about driving and road conditions.

In general, the Sheets do not give advice. Instead, they describe conditions so travelers can make informed decisions about their trips.

In some dangerous situations, however, the Department of State recommends that Americans defer travel to a country. In such a case, a Travel Warning is issued for the country in addition to its Consular Information Sheet.

Public Announcements are a means to disseminate information about relatively short-term and/or trans-national conditions.

In the past, Public Announcements have been issued to deal with short-term coups, pre-election disturbances, violence by terrorists and anniversary dates of specific terrorist events.

Consular Information Sheets, Travel Warnings, Public Announcements and other related information can be accessed online at <http://travel.state.gov>.

U.S. State Dept. issues World Cup security assessment

The information below is excerpted from the U.S. State Department's security assessment for the FIFA World Cup Finals in Germany. For the complete assessment – and additional information about living and travelling abroad – visit <http://travel.state.gov>.

While there have been no specific, credible terrorist threats to the FIFA 2006 World Cup, in this post-September 11 world, the threat from international terrorist groups at major public events is always a principal concern. This includes the periods immediately before and after these events.

Al-Qaida's demonstrated capability to carry out sophisticated attacks against sizable structures – such as ships, large office buildings, embassies, and hotels – makes it one of the greatest potential threats to the World Cup.

Threats could also emanate from extremists who may not be directly controlled by al-Qaida, as occurred in the Madrid train bombings on March 11, 2004, and the subway and bus bombings in London on July 7 and 21, 2005.

Domestic extremist groups, supporting various political causes, may attempt to disrupt the World Cup through demonstrations or other activities.

A variety of demonstrations and physical violence have been attributed to right-wing and left-wing extremist groups and individuals in the past. W

While the German security services are highly skilled at protecting large events and controlling demonstrations, even peaceful events can turn violent, and Americans are therefore advised to avoid any areas of public protest. The risk of violence and hooliganism associated with soccer matches is also present.

German security services have been working with a variety of other countries and international agencies to prevent travel of known soccer hooligans; however, large, potentially emotionally-charged sporting events can be unpredictable and carry the risk of unexpected violent incidents.

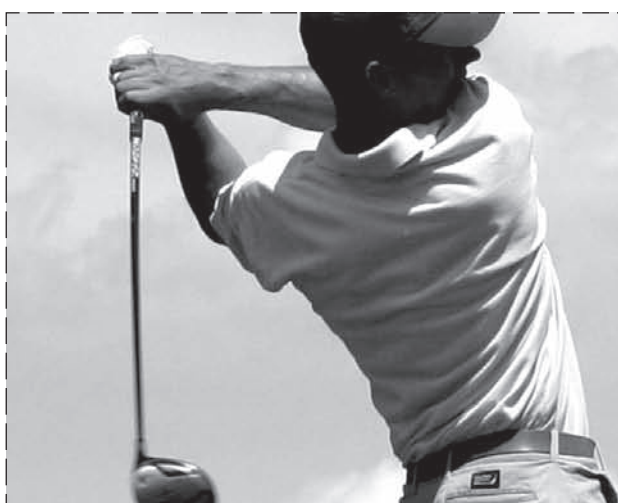
Americans are advised to remain alert and aware of their surroundings at all times and avoid aggressive individuals or altercations.

Mobile and stationary information points called "Fanbotschafts" or "Fan Embassies" will be available in each World Cup host city. These "Fanbotschafts" are intended to assist travelers with inquiries such as where to find accommodation or what to do in case of theft, injury, illness or other difficulties requiring assistance.

A detailed guide for soccer fans and World Cup travelers can be found at the German Football Federation's fan Website, www.fanguide2006.org/.

U.S. consuls stand ready to assist Americans in a variety of emergency situations overseas, including lost and stolen passports, illness, temporary destitution, crime, or arrest.

If an American citizen becomes seriously ill or injured abroad, a U.S. consular officer can assist in locating appropriate medical services and informing family or friends.



The Stuttgart Golf Course in Kornwestheim presents:

Golf Academy 2006

For players ages 6 and up
All skill & experience levels

Individual or group instruction
U.S. & German golfers welcome

For pricing, times and other information call 07141-879-151



Hugh C. McBride

By the time emergency personnel arrive, it may be too late. Plan ahead to ensure that your family knows what to do in case of a fire.

Family fire safety requires plan, practice

Federal Emergency Management Agency & U.S. Fire Administration

American homes suffer an unwanted fire every 10 seconds, and every 60 seconds they suffer a fire serious enough to call the fire department. Every two and a half hours someone is killed in a home fire – and another 20,000 people are injured in home fires in a typical year.

The best way to ensure that your family will do the correct things in an emergency is to have an escape plan and practice it.

The following are important factors in a home fire evacuation plan:

1. Immediately leave the home.

Do not waste any time saving property. Call the fire department (emergency numbers to know: 117 on post, 112 off-post) from a neighbor's home. Take the safest exit route, but if you must escape through smoke, remember to crawl low.

2. Know two ways out of each room.

If the primary way is blocked by fire or smoke, you will need a second way out. This might be a window onto an adjacent roof or by using an escape ladder (tested and approved by a recognized testing laboratory).

Practice escaping by both the primary and secondary routes to be sure that windows are not stuck and screens can be taken out quickly.

Also, practice escaping in the dark.

3. Feel the door.

When you come to a closed door, use the back of your hand to feel the top of the door, the door knob, and the crack between the door and door frame to make sure that fire is not on the other side. If it feels hot, use your secondary escape route.

Even if the door feels cool, open it carefully.

4. Have an arranged meeting place.

If you all meet under a specific tree or at the end of the driveway or front sidewalk, you will know that everyone has gotten out safely and no one will be hurt looking for someone who is already safe. Designate one person to go to a neighbor's home to phone the fire department.

5. Once out, STAY OUT.

Never go back into a burning building for any reason. If someone is missing, tell the firefighters. They are equipped to perform rescues safely.

For additional safety information call the U.S. Army Garrison Stuttgart Safety Office at 421-2752/civ. 0711-729-2752 or e-mail hans.t.dreizler@us.army.mil.

Swim safely this summer

U.S. Army Garrison Stuttgart
Public Affairs Office

Summer outdoor activities bring increased dangers to children and adults – and swimming can be one of the most hazardous for recreators of all ages.

Stuttgart and Garmisch have many popular public pools. But unlike public pools in the U.S., lifeguards are not often seen sitting on high chairs.

However, well-trained lifeguards are

on duty at all times in all public pools. When entering a pool, find the lifeguard office and the first-aid station.

If you do not understand any posted pool rules, ask for assistance.

Never swim alone, always know your limits, and watch out for all children under your supervision.

For approved swimming areas in Stuttgart call 421-2752/civ. 0711-680-2752. In Garmisch call 440-3595/civ. 08821-750-3595.

— Even on a cloudy day — Awareness, education keys to preventing skin cancers

By Susan Huseman
Army News Service

Skin cancer affects one in five Americans, with more than 1 million new cases diagnosed each year, according to the American Academy of Dermatology. Carlos Harris, a 67-year-old retired first sergeant and skin cancer survivor, knows firsthand about the effects of overexposure to the sun. He is being treated for basal cell carcinoma.

Harris has had three surgeries to remove cancerous growths. His forehead and left temple are scarred, and where the skin and underlying tissue were surgically cut out there are now depressions.

"I was 30 when I started to get these spots on my face. They started to turn brown, got infected and scabbed over," said Harris.

The scabs came and went, but the brown spots stayed. Finally, Harris went to a doctor and was diagnosed with skin cancer.

He currently receives cryotherapy treatments, by which the cancerous cells are frozen and killed.

"I will have to use medication for the rest of my life," said the fair-skinned Harris. He will also have to avoid the sun.

Three types of skin cancer

Skin cancer can occur anywhere on the body, but is most common where the skin gets the greatest exposure to sunlight - face, neck, hands and arms.

There are three types of skin cancer, said Dr. (Maj.) Juan Pico, an internal medicine physician at the Hanau Health Clinic.

"The most common is basal cell skin cancer. It is usually seen on sun-exposed areas of the body. You can notice it by the shiny, pearly white border around the skin lesions," he said. It is highly treatable when caught early, and preventable with sun block.

The second most common type is squamous cell skin cancer.

"It is usually found on the face, and in and around the mouth. A lot of dental professionals find this type of cancer in people who use smokeless tobacco," Pico said.

The most malignant skin cancer is melanoma, which becomes visible as moles darken and the borders become irregular.

"There may be different shades of color within the same mole. This lesion is more dangerous because it has the ability to metastasize and spread to other organs. But it can be treated if caught early," he said.

Fair-skinned people are most vulnerable to skin cancer, as are those who had sunburns at an early age or a family history of skin cancer.

Best defenses: education, awareness

The best defense against skin cancer, Pico said, is sun safety. Wide-brim hats, long sleeves and sun block with an SPF 15-30 is best. High-risk people should use an SPF of 30-45, applying frequently if swimming or sweating.

Pico also recommended avoiding the noonday sun, but cautioned that sun exposure occurs even on cloudy days.

"There's a popular misconception that if the day is not sunny you won't be exposed to harmful UVA/UVB rays. Not true," said Pico, "especially for those with blonde or red hair, fair skin or freckles.

UVA rays tan skin; UVB rays are stronger and cause burns. Both are harmful and can lead to skin cancer, which is why people should avoid tanning beds, he said.

People with multiple or changing moles should see a dermatologist once a year to monitor and biopsy any suspicious moles.

"Definitely any mole that is getting bigger or changing should be brought to the attention of your primary care physician," said Pico.

While some people are willing to brave the risks of cancer to achieve a tan, Harris said "looking good" doesn't keep the cancer at bay.

"It's a mistake to lie out in the sun or go to these tanning salons or use a sun lamp. You have to take care of what you have," he said.

Huseman writes for the U.S. Army Garrison, Hessen, Public Affairs Office. This article originally appeared online on the Army News Web site (www.army.mil/arnews).

For more about skin cancer online visit the following Web sites:

- American Academy of Dermatology – www.aad.org
- American Cancer Society – www.cancer.org
- Cancer.com (Strength in Knowledge) – www.cancer.com
- Centers for Disease Control and Prevention – www.cdc.gov
- Skin Cancer Foundation – <http://www.skincancer.org/>

Stuttgart host CYS championship tourney

Local squad battles back from brink of elimination, earns second-place finish behind Mannheim

Story & photos by Hugh C. McBride

U.S. Army Garrison Stuttgart hosted some of the top youth baseball teams in Europe June 2 to 4 as the Installation Management Agency Europe Region Child and Youth Services Juniors Tournament was contested on Patch Barracks and Robinson Barracks.

The event, which brought seven teams of players ages 13 to 15 to Stuttgart for a double-elimination tournament, ended with a dramatic flair, as the undefeated Mannheim squad came from behind to edge Stuttgart, scoring the tying and winning runs in the bottom half of the last inning.

Due to time rules in effect, the game went six innings, rather than the usual seven.

Stuttgart, which had battled back from the brink of elimination during loser's bracket competition a day earlier, was faced with the challenge of having to beat Mannheim twice on the tournament's final day to take the title.

After dropping their opening game to Patch Barracks, the Stuttgart players headed to RB, where the loser's bracket games were held. The local squad faced a long road back, but they persevered, defeating Hanau, Schweinfurt and then Aviano to earn the right to face winner's bracket champions Mannheim.

Before presenting the champions and runners-up trophies, U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens commended both teams for their effort, enthusiasm and sportsmanship.



[Above] Following the championship game, U.S. Army Garrison Stuttgart Commander Col. Kenneth G. Juergens presented trophies to both teams.



[Right] Mannheim team members celebrate their CYS tournament victory following their come-from-behind victory over Stuttgart June 4 on Patch Barracks.

[Right] Stuttgart pitcher Daniel Santos lets one fly during the final game of the IMA-EURO CYS Juniors Tournament on Patch Barracks



Americans play key role in German team's

run to hoops league title, playoff berth

Story & photos by Brandon Beach

James Hayden made sure he walked off the court with a win. The point guard, whose "day job" is with Patch Youth Services, banked a layup and zeroed in two clutch free throws in the last minute to lead the Kirchheim Knights past ACS Mainz 72-69 May 13 in the Sporthalle Stadtmitt.

"The ending was storybook," said Hayden, who noted that the game was his final run down the court. Citing a prolonged hip injury, Hayden retired after four seasons in the German league with the Knights.

"We wanted to give James a farewell and go out on top," said Ross Jorgusen, who alongside Hayden played a key role in the win. The shooting guard, who works as a homework technician at the Patch School Age Services, carded 20 points, seven rebounds and eight assists to lead the team.

More than 900 fans kept the noise level rockin' by banging snare drums and blowing tuba horns throughout the four quarters of fast court action. Without a legitimate soccer team in town, Kirchheim, located 20 miles south of Stuttgart just off Autobahn 8, lives for its hoops.

"The fans are the best I've ever played for," said Hayden, who had a four-year col-

The ending was storybook.

James Hayden
Kirchheim Knights

lege career with St. Bonaventure University, a division 1 basketball team, before joining the Knights in 2001.

Finishing on top of the Regionalliga Süd standings, the Knights entered a four-team playoff draw in April on a high note, with squads from Rastatt-Rheinau and Treis Karden rounding out the competitive field.

But the Knights just couldn't find their stride during the month-long tournament and saw their bid for a second league birth evaporate after dropping their first three games.

The Knights finished with a 2-4 record and look to rebuild the lineup for next season's stretch, which begins again in August.

"We'll build our bench in the off-season and make another run at it," said Jorgusen.

For more about the team visit www.vfl-kirchheim.de.



Ross Jorgusen, a homework technician at the Patch School Age Services, drives past a Rastatt-Rheinau defender during a May 10 matchup in Kirchheim's Sporthalle Stadtmitt.



Some 250 wine varieties from the Baden-Württemberg region will be available during the city's annual Wine Village held in the downtown Schillerplatz until July 9. The festival offers a chance to wind down from exciting World Cup games.

Annual Wine Village opens on Stuttgart's Schillerplatz

Story & photos by Brandon Beach

Stuttgart's *Schlossplatz* will be all abuzz in June. Not only will throngs of multi-colored *fussball* fans descend onto the popular main square with their oversized flags and bull horns, but the city will host its annual Weindorf a little bit early.

The Wine Village, which celebrates the fruits of Baden-Württemberg's 2000-year old wine-making tradition, will be a chance to break away from the daily soccer spectacle and sample a glass of sparkling Riesling or order a plate of Käsespätzle (Swabian cheese noodles).

The 32nd edition of the festival officially opened June 9 when Dr. Wolfgang Schuster, the lord mayor of Stuttgart, tapped the traditional wine barrel.

The party lasts until July 9, at which time the finals of the World Cup will be held in Berlin's Olympia Stadium.

Located directly across from the Fan Fest viewing grounds, the heart of the festival lies in the cobblestoned *Schillerplatz*, under the gaze of the prominent *Stiftskirche* (the city's landmark church).

Here numerous wineries set up tent and feature some 250 local varieties such as Trollinger, the region's most well known red wine, or Lemberger, a ruby-colored wine with hints of plum.

At 2 to 3 euro a glass, the festival is a chance to take a palatal sojourn through many parts of Germany's southern countryside, without having to leave your seat.

In the evening hours, it's not unusual to find jubilant accordion players dressed in traditional tan-leather pants, thick wool Alpine socks and hiking boots serenading couples camped out in the courtyard.

Wine online

Didn't get enough at the Weindorf? The city of Stuttgart and local wineries have set up viniculture teaching paths throughout the region.

These tours are connected with wine tasting and guided walking tours. For details visit these Web sites:

- www.stuttgart-tourist.de
- www.stuttgarter-wanderweg.de

On one particular night, a musician gave a rousing rendition of John Denver's "Country Roads" as a group of flag-toting German soccer fans celebrated their team's opening game victory.

This and other surprises await any first-time visitor to Stuttgart's beloved festival.

How to Get There

The Weindorf is located in downtown Stuttgart on Schillerplatz and extends down Kirchstrasse. The simplest way of getting to and from the Weindorf is via public transportation.

• S-Bahnen trains S1, S2 and S3 all stop at *Haltestelle Stadtmitte*, which is a short walk to the village grounds.

• Stadtbahnen trains U5, U6 and U7 stop at *Schlossplatz* or *Charlottenplatz*, which is also close to the area.

• Stuttgart Bus Linie 42 will deliver you to the *Schlossplatz* stop.

For a complete list of train departure and arrival times visit www.reiseauskunft.bahn.de. For details about Stuttgart's Night Bus visit www.nachtaktiv.net.

For more about the Weindorf visit www.prostuttgart.de. The festival is open daily 11 a.m. to 11 p.m.



(Top) An accordion player keeps tents in a festive mood. (Bottom) A fan cheers her favorite team on Schlossplatz.



OUT & ABOUT

Photo exhibit at the vhs

The *vhs photogalerie* hosts the exhibit "Tango Metropole" with works from internationally-acclaimed photo artist Thomas Kellner. His works snap a new look on modern architectural landmarks.

The gallery, located at Rotebühlplatz 28, is open Mondays to Saturdays, 8 a.m. to 11 p.m., and Sundays, 9 a.m. to 6 p.m.

For more information visit www.vhs-photogalerie.de. The exhibit opens **June 21**.

DAZ hosts lecturer

Dr. Eric Denton of the University of Regensburg will deliver the lecture "Billy Wilder, One, Two, Three, Goodbye Lenin! And Conversations with Cameron Crowe" **June 21, 7:30 p.m.**

The lecture commemorates the 100th-birthday of the acclaimed filmmaker (died March 2002), whose credits include "Some Like It Hot," "Sabrina" and "Ocean's Eleven," the pre-Brad Pitt version.

The center is located at Charlottenplatz 17 (U-Bahn 5 or 6). For a complete list of DAZ-sponsored activities visit www.daz.org.

Judo tourney in Sindelfingen

The sports club VfL Sindelfingen hosts an international judo tournament **June 23 to 25**. Grapplers hit the mats starting at 9 a.m. The hall is located on Rudolf-Harbib-Strasse 10.

For more information visit www.dejotes.de/judo.

Southside festival in June

Bring your tent, sleeping bag and cooler to this year's Southside Festival featuring more than 30 live music acts on three stages including headliners The Strokes, Manu Chao, Ben Harper & the Innocent Criminals and the Cardigans **June 23 to 25** in Tuttlingen/Neuhausen (located two hours south of Stuttgart).

Tickets are 89 euro. For ticket information visit www.southside.de.

Latin festival in Schorndorf

Enjoy numerous live bands and international DJ's as they create an evening of dancable beats during *Lateinamerikanische Nacht* (Latin American Night) **June 24, 8 p.m.**, in Schorndorf's Manufaktur.

For more information visit www.club-manufaktur.de or call 07181-614-18. The venue is located at Hammerschlagstrasse 8 and can be reached by S-Bahn 2 (stop Schorndorf).

The club also includes a restaurant that serves a variety of German dishes. Kitchen opens at 6 p.m.

Tracy Chapman concert

Multi-platinum singer Tracy Chapman plays music from her new album "Where You Live" **June 30, 8:30 p.m.**, in Stuttgart's Liederhalle. The album marks Chapman's 20th anniversary as a recording artist.

For tickets visit www.evenbuero.de or www.liederhalle-stuttgart.de. Tickets start at 42.50 euro.

The hall is located at Berlinerplatz 1-3 (U-Bahn 4 or 9 Berliner Platz stop.)

Sean Paul plays Schleyerhalle


Dancehall-reggae star Sean Paul and his band play music from their new album, "The Trinity," **July 19, 7:30 p.m.**, in Stuttgart's Schleyerhalle.

For more information visit www.schleyerhalle.de or call 0711-255-5555. The hall is located at Mercedesstraße 69 (U-Bahn 11 to Gottlieb-Daimler Station). Tickets cost 34 euro.

INXS to rock LKA/Longhorn

International superstars INXS bring hits such as "New Sensation" and "Suicide Blonde" to Stuttgart's LKA Longhorn **Oct. 24, 8 p.m.** Tickets cost 30.25 euro and will sell fast. For tickets visit www.sksruss.de or call 0711-22-1105.

Voted one of the best rock clubs in Germany by "Vision" magazine, Longhorn is located at Heiligenwiesen 6 in the Wangen district.

A close-up photograph of a young man with short, dark, curly hair, smiling warmly at the camera. He is wearing a light pink polo shirt. The background is a solid, dark brown color.

*What made you
smile today?
We'd like to
know!*

*Visit www.stuttgart.army.mil
Click "ICE"*

ICE *Interactive
Customer
Evaluation*
It's quick. It's easy. And it makes a difference.